



St Mary's C of E (Aided) Primary School



# NEWSLETTER

**“A Christ-centred school with a child-centred curriculum through wisdom and love”**



Telephone: 01798 872007

2<sup>nd</sup> April 2020

Dear all,

As we head towards the end of the second week, we are aware that this has been a trying time for some people and some people have really enjoyed the time at home. Whichever you are, we hope that we can spread some cheer and keep you connected with the life of the school. We are aware that the Easter holidays are approaching and we are keen to share how you are going to celebrate Easter and share some photos with the wider school community.

**What we are doing over the Easter holidays** – The Easter holidays are approaching and we will **NOT** be setting **daily** work for the children for the two weeks but the teachers will be sending a homework grid that you can do with your child/children over the holidays to keep you occupied. We will be back to putting work on the class pages on Monday 20<sup>th</sup> April. The staff will still be contactable through the class email addresses should you need them.

**Easter Eggstravaganza** – Every year we have an Easter Eggstravaganza and we are hoping this year won't be any different and we aim to do this with Easter bonnets and decorated eggs. If your child would like to make one of these or both, then send us a picture to [head@stmarysprimarypulborough.co.uk](mailto:head@stmarysprimarypulborough.co.uk) or message through the Facebook page and we will post them on our next newsletter and on the PTA Facebook page. It would be lovely to see some of the children's faces and see what they have made. Please start sending these whenever you are ready.

**Easter audio link** – Some of the children who are attending St Mary's have recorded some of the children's favourite songs that we sing around this time of year. We sent a copy to some of our local nursing homes to try and add some cheer and if you would like to listen please find it on our website under Easter songs.

**Music on the menu** – From West Sussex Music - have a look at things that you can do to enhance music in your house whilst we are on lockdown. See attached.

**The Weald** – Mr Meaney and the PE department at The Weald have put together some resources to help with everyone's emotional and physical wellbeing. It may give you some different ideas so do have a look – [https://docs.google.com/presentation/d/1\\_pzMaYjDID2eCII11kBT0bEKpamXYg-s1akxKPfFNWQ/edit?usp=sharing](https://docs.google.com/presentation/d/1_pzMaYjDID2eCII11kBT0bEKpamXYg-s1akxKPfFNWQ/edit?usp=sharing)

**Foodbank** – At this difficult time we are aware that parents may not be able to afford food and this worries us enormously. If you are concerned/worried about food in your household then email [head@stmarysprimarypulborough.co.uk](mailto:head@stmarysprimarypulborough.co.uk) and we will be able to put you in contact with the food bank providers – we can't supply food ourselves but we can connect you with the people that can help.

**ELSA bits** – We really want to support emotional need at the moment and are aware that some of the children will be missing staff and their friends and others will be struggling with the change of routine and being at home. Please do check out these free resources with the following link. <https://www.elsa-support.co.uk/category/free-resources/coronavirus-support/>

**Children with a social communication difficulty** – All children are finding this a challenging time but for those with this difficulty, it can be tricky. Please see the resources below which might help. If you would like more information on this, please email [head@stmarysprimarypulborough.co.uk](mailto:head@stmarysprimarypulborough.co.uk)

**Reaching Families** – Reaching Families are a charity that supports families of children and young people with additional needs and disabilities. They are offering services so please see below.  
<https://www.reachingfamilies.org.uk/stayconnected.html>

**Worship** - If you need something to occupy the children's time, please have a look at YouTube 'Awesome Assemblies' these are well worth looking at! I have had a few emails saying that children enjoyed these.

**Learning** – If you are finding issues with log ons or the learning, please email the teachers at their class email addresses. When you send an email please put something into the subject box as many emails are going into our spam box. If you are not getting a reply then email me at [head@stmarysprimarypulborough.co.uk](mailto:head@stmarysprimarypulborough.co.uk) .If your child has an interest in something, explore this with them. This is very true ..

When the Great Plague of London was going around in 1665, Cambridge University shut down and Isaac Newton was forced to stay home. During this time, he invented calculus, parts of optic theory and allegedly, while sitting in his garden, he saw an apple fall from a tree that inspired his understanding of gravity and the laws of motion.



**Reading** – Ms Frances is on YouTube reading Harry Potter and the The Philosopher's Stone – do check in and listen as listening to a familiar voice may be reassuring at this time. [https://youtu.be/8Vcpo\)wD7Y0](https://youtu.be/8Vcpo)wD7Y0)

**Esafety/Online platforms** – We are aware that many children are online a lot at the moment, please be vigilant in keeping them safe and follow these rules. These are practical tips to help minimise the risks your child might face.

- Make sure they understand the point of these and how to use them.
- Don't be put off by believing your child knows more than you: the tools are actually quite easy to manage.
- Ask them to show you which social media apps they use and what they like about them. Talk about how they use them and what makes them so engaging
- Explain how you can use privacy settings to make sure only approved friends can see posts & images
- Check if any of their apps have 'geo-location' enabled, sharing their location unintentionally
- Show them how to report offensive comments or block people who upset them
- Check 'tagging' settings so that when others are posting or sharing photos online, your child's identity is not revealed. Also, get people's consent before sharing photos
- Encourage your child to come and talk to you if they see anything that upsets them



**House Party App** - Houseparty is an app that many young people are using to stay in touch with their peers and play games during the school closures and lockdowns of COVID-19. Many young people see this app as a fun and exciting way to talk to their friends in a time where they can't speak face to face. Please see the image below and be aware that the age limit is 13.

*See attached poster*

**Parent support** – There is a company called Parent Gym who are offering online support for parents at this challenging time and they have created a new Facebook group: 'Parent Gym: parenting through uncertainty'.

<https://www.facebook.com/groups/148481499806766>

This is a space for parents to come together to share stories, thoughts, tips and ideas on how we are managing to adjust to this challenging period in our lives. It might be useful for some of you.

**Governor's note** – I wanted to thank you for your patience and understanding during the strange times in which we find ourselves; I hope that the communications from Mrs Copus are providing you with the information you need in respect of evolving Government policy around schools and the on-going teaching of your children. I appreciate how challenging it is to maintain the stimulation of young people when it comes to school work, but it is important that we do all we can to ensure continuity of learning – so thank you for your support in that regard.

You will I'm sure be aware that St. Mary's has remained open for Key Worker and vulnerable children during this period of isolation, which has proven to be very successful thanks to the hard work and commitment of our teachers and staff. I am sure you will join me in thanking the entire team for the dedication they have shown in keeping the school open and offering as normal a day as possible to those children in our care.


Please continue to read the updates from Mrs Copus, together with the guidelines issued by Government in terms of social distancing and attendance at school. And do of course contact Mrs Copus should you have any concerns or queries.

Take care, and best wishes.

David Shepherd  
Chair of Governors

**At this difficult time, please follow Government advice and stay safe. We are thinking of you all and we are looking forward to being back together in the future. If there is anything that you would like me to discuss in the newsletters over the next few weeks, please email me at [head@stmarysprimarypulborough.co.uk](mailto:head@stmarysprimarypulborough.co.uk)**

Mrs S Copus  
Headteacher



**LIVE**

**WHAT IS HOUSEPARTY?**

Houseparty is a live streaming app described as a face-to-face social network where people 'drop in' on each other to video chat, leave messages and hang out in groups. The app is available for iOS, Android, macOS and Google Chrome and has tens of millions of users worldwide. It's important to note that children under the age of 13 must have a parent's permission to access the services, however, no proof of age is required to create an account.

**REC**

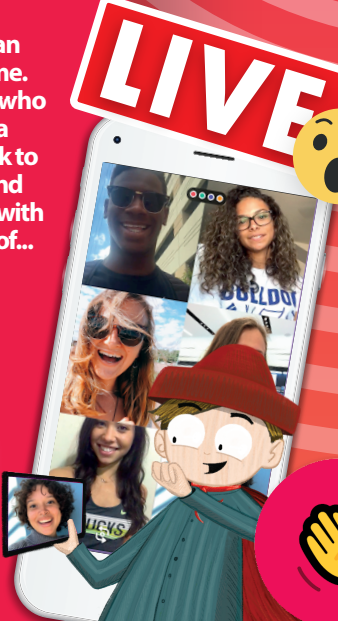
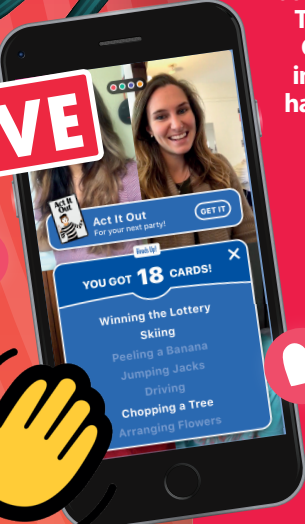
**HOW DO YOUNG PEOPLE USE IT?**

Each time the app is opened, your child will be instantly connected to other users who are also on the app. Users can create group conversations of up to eight people at one time. Each time a person joins, the screen splits to show everyone who is part of the conversation. Your child can add contacts via phone numbers, search for their usernames, and share a link to their profile. They can have as many rooms as they want and move from chat to chat by swiping across the screen. Along with this functionality comes a few associated risks to be aware of...

**AGE RESTRICTION**

**13+**

**LIVE**



# What parents need to know about HOUSEPARTY

**"STRANGER DANGER"**

Friends of friends can join conversations on the platform without the need to be connected or known to all the other users in the chat. Houseparty calls this feature 'Stranger Danger'. While it does alert users when individuals they may not know enter their chat room, it also suggests strangers might be a reason for 'party time'. There's also the danger of people attempting to deliberately mislead others by using false names or usernames.

**SEXUALISED MESSAGES**

People may use live streaming apps such as Houseparty to engage in inappropriate or illegal activities. There have been concerning reports directly linked to Houseparty, including one incident where two Mancunian children aged 11 and 12 were reportedly targeted by men exposing themselves back in 2017. Outside of their close friendship group, it's also important to note that friends of friends can also connect with your child via the app, which may include people with this intention.

**CONTENT BEING SHARED**

The 'facemail' feature lets users share moments from their Houseparty conversations by recording and sharing 15-second snippets of chats. They also have the option to save these moments to their gallery. For privacy purposes, every member of the group will see a notification if another member is recording - this could be a concern if your child shares something in the live chat they may later regret. Once recorded, they lose control over the video and how it is used. Screenshots of live streams and private messages can also be taken which could be shared widely and embarrass users.

**CYBERBULLYING**


Cyberbullying is when people use technology to harass, threaten, embarrass, or target another person. Group chats can be used by bullies to make negative or hurtful comments which may cause offence or be harmful to others in the group. Exclusion from friendship groups within the platform may make your child feel sad and left out/socially excluded.

**OVERSHARING PERSONAL INFORMATION**

Children often don't understand the risks involved in giving out too much personal information in a live stream or within their profile. They may also be less protective of personal details during online conversations. One example of this within a live chat could be their background revealing information about where they live or go to school without realising.


**IN-APP PURCHASES**

By tapping on the dice icon your child can play a game called 'Heads Up!' where one person gives clues to describe someone or something and the other players guess. Three cards are included for free but additional decks cost real money. There's the potential for your child to get carried away playing the game while working up a small fortune.




**LIVE**


## Top Tips for Parents



**National Online Safety**  
#WakeUpWednesday

**TURN ON PRIVATE MODE**

One additional tip is to use the app settings to turn on 'Private Mode' which automatically locks the room, instead of doing it manually. Parents with questions can always email us at [hello@houseparty.com](mailto:hello@houseparty.com)



**SAFER CONVERSATIONS**

With live streaming being such a popular feature on apps, it is important that you are aware of the dangers associated with it in order to protect your child effectively. Have regular and honest conversations with your child about what apps they are using and how they are using them. It may be a good idea to have your child show you how they use Houseparty and how to navigate through the platform so you are aware of how it works.

**CHECK COMMUNICATIONS**

Also, it's important to be aware of who is on their friends list and who they are communicating with. Remind your child to not communicate with people they do not know and trust. If they experience something on the app that makes them feel uncomfortable then they should tell a trusted adult immediately. Remind your child that if they get an invite to join a Houseparty room from someone they don't recognise, then they should ignore the request.

**'LOCK' ROOMS**

In regards to communicating with users on the platform, we advise that your child uses the 'lock' feature to make their conversations private. This means that other users, especially strangers, can't join their conversations.

**PROTECT THEIR PRIVACY**

Your child may unknowingly give away personal information during a live stream, including their location. Talk to them about what constitutes 'personal information' and make sure they do not disclose anything to anyone during a live stream, even to their friends. Advise them to remove any items in their live stream (school uniform, street name, posters etc.) that could potentially expose their location or personal information. Check your child's privacy settings thoroughly. You have the option to opt out of certain uses and disclosures of personal information, such as turning off the app's location sharing option.

**PROTECTING YOUR CHILD'S DIGITAL FOOTPRINT**

As the videos are live, it may lead to the misconception that whatever happens in the video will disappear once the live stream ends. All content shared on the app can be recorded or screenshotted and shared to a wider community. It is important that your child knows that what they do now may affect their future opportunities. In addition to this, the video chats can't be reviewed later which means unless a parent or carer is sitting nearby during a call, they won't know what has been said. It's worth bearing in mind that parents can see when their child has last communicated with someone and for how long for under the 'We Time' feature.

**REMOVE LINKS TO OTHER APPS**

Users can link their account to both Facebook and Snapchat, or can simply share a link to their profile. We advise that you remove these links and remind your child not to publicly share access to their online profiles as there is the potential for strangers to get hold of your child's information or communicate with them.

**BE PRESENT**

A study conducted by the Internet Watch Foundation (IWF) found that 96% of streams showed a child on their own, often in their bedroom or bathroom. If your child is going to conduct a live stream, ask them if you could be present for it. This will give you a greater understanding of what your child is doing during their live streams and who they are streaming to.

**REPORTING AND BLOCKING**

If your child faces a problem while using the app they can report direct to the platform by shaking their phone. A prompt will pop up allowing you to report issues immediately by clicking on the 'report now' button. They also have the option to report and block users directly on the user's profile.

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)   Twitter - @natonlinesafety   Facebook - /NationalOnlineSafety   Instagram - @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 25.03.2020

# 'Music on the Menu'

Hello schools, parents and carers

During these challenging times, West Sussex Music will be sending you weekly updates of ideas about how to include and enjoy high quality music experiences with your children each day. These ideas are suitable for both school and home settings, so you might like to pass the information on to your parents and carers too.



## LISTENING

Why not start the day by listening to beautiful music?  
Here is a piece of classical music that will help to calm and focus the mind.

### 'On the nature of daylight'

(Composer: Max Richter)

<https://www.youtube.com/watch?v=rVN1B-tUpqs>



## SINGING

For a great selection of pulse & rhythm and pitch & singing activities, please visit  
<http://www.westsussexmusic.co.uk>.

- Click on Staff Zone
- Click on School Zone
- Username: Schools
- Password: SchoolsAccess1
- Go to 'Pulse and Rhythm' folder
- Go to 'Pitch and Singing' folder

- 1) **Sing Up** now has a Home Schooling Area for ages 4 – 16 years and has a selection of downloadable songs, exercises and videos to keep young people learning. Check it out at <http://bit.ly/SUhome-school>.

My recommendations for this week are:

- **Shake My Sillies Out** – a fun warm up/action song  
<https://www.singup.org/home-schooling/eyfs-ks1/warm-ups-and-songs>
  - **Hey Mr Miller** – a jazzy song about Alton Glenn Miller, a well-known American musician, and his swing band. This song can be sung in unison, or as a round and lends itself to actions! (Includes signing.)  
<https://www.singup.org/home-schooling/sign-language-and-makaton-videos>
- 2) **Become a Sing Up Friend:** Complete the registration form to create a FREE Sing Up Friend account <https://www.singup.org/registration/join/stage-1-friend> and discover some great resources to share with your children.
  - 3) **If you are already a Sing Up member**, you can visit <https://www.singup.org/home-schooling> for ideas, but here are our recommendations of great warm ups/songs to learn together this week:

- **Rubber Chicken** <https://www.singup.org/song-bank/song/1075-rubber-chicken/>

A fun and energising physical counting warm-up!

- **H.E.L.L.O.** <https://www.singup.org/song-bank/song/164-hello/>

A great call and response chant that can be developed into an action song, part singing, rhythm games ...

- **Oleo!** <https://www.singup.org/song-bank/song/473-oleo/>

A beautiful traditional Ghanaian call and response song with a simple structure that can be layered up by adding harmonies. Very satisfying to sing!

- **Rain on the Green Grass** <https://www.singup.org/song-bank/song/412-rain-on-the-green-grass/>

A great introduction into singing rounds.





## LISTENING AND APPRAISING

You'll find a wide range of music to listen to on our website in Schools Zone/Listening.

As well as this, how about dipping into **BBC Ten Pieces**?

**Ten Pieces** aims to open up the world of classical music to 7-14 year olds across the UK and inspire them to develop their own creative responses to the music.

Free teaching resources for Ten Pieces I, II and III are all available, including new resources for Key Stage 1.

You can work with as many pieces as you like, and as Ten Pieces is a flexible project, you can use the resources to fit in with your own timetable of learning.

Suggestion: Take a look at ***Short Ride in a Fast Machine***, written by American composer and conductor **John Adams** - <https://www.bbc.co.uk/teach/ten-pieces/KS2-3/zkthsrd>



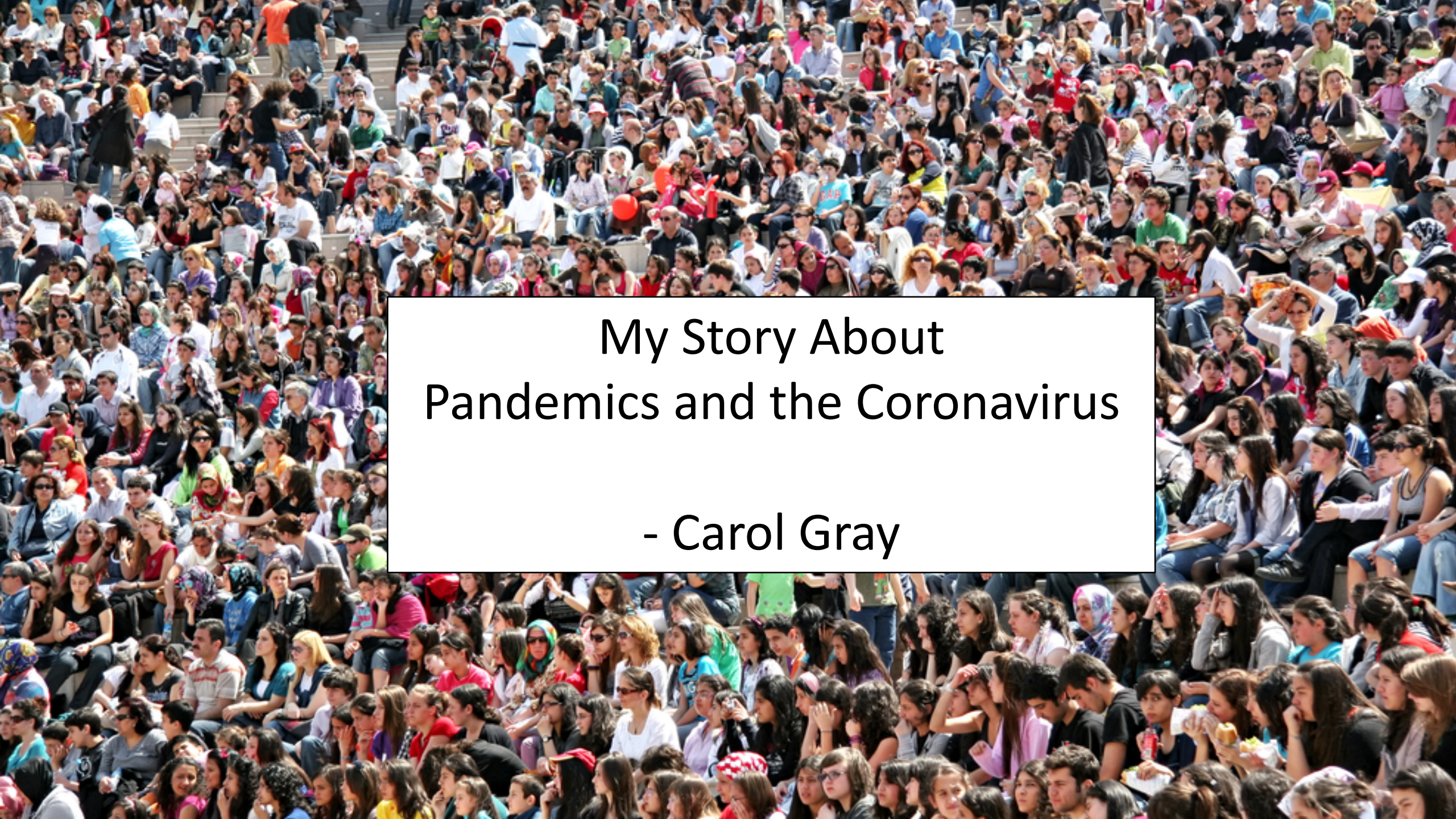
There are lots of interesting activities to accompany this piece on the website, including ideas about how to get creative and compose your own music!

Perhaps you can find other music by this composer to compare and even similar types of music by other composers.



Changing lives through music



A large, diverse crowd of people, mostly young adults, is seated in bleachers, filling the frame. They are looking in various directions, some towards the camera, others away. The scene is brightly lit, suggesting an outdoor daytime event. The text is overlaid on a white rectangular box in the center of the image.

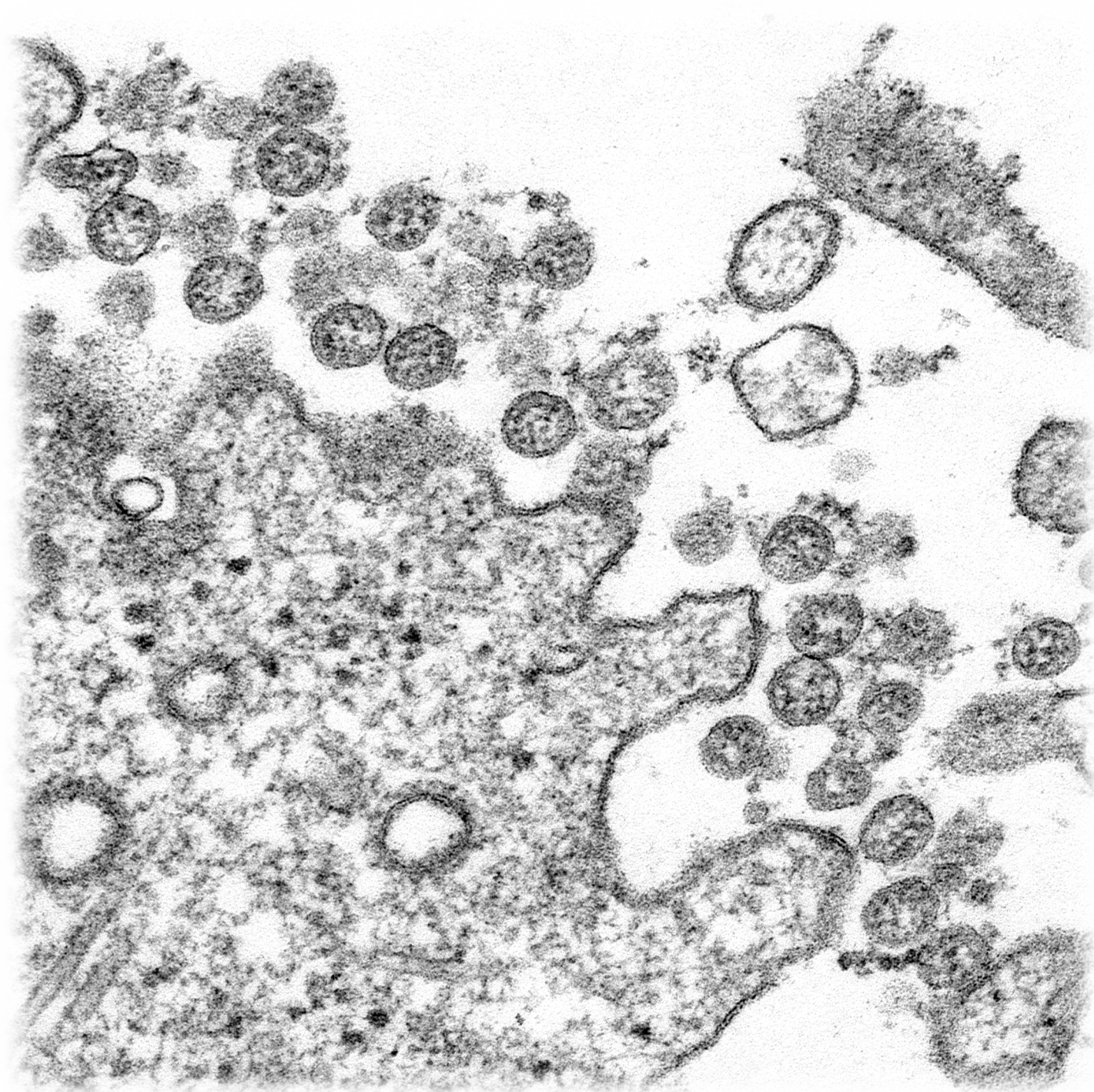
# My Story About Pandemics and the Coronavirus

- Carol Gray





This story is about pandemics and the Coronavirus. A pandemic is when many people in a large area become sick. A pandemic is usually caused by a new virus.



The Coronavirus is a virus that is spreading fast and causing a worldwide pandemic now.

Viruses are so small that it takes an electron microscope to see them. People can't see if a virus is near them.





People are smart. Even though they can't see the Coronavirus, they know what to do. They use healthy habits and work together to make it harder for the Coronavirus to spread. This helps to keep people healthy during the pandemic.

People wash their hands really well and often during a pandemic. Adults make sure kids know how to wash their hands well. And, adults remind kids to wash their hands a lot.







The Coronavirus has been traveling fast from one person to another. If many people are close together in the same place, that makes it easier for a virus to spread. More people become sick faster.



Sometimes schools close during a pandemic. That way, children are farther apart from one another and it's harder for a virus to spread.





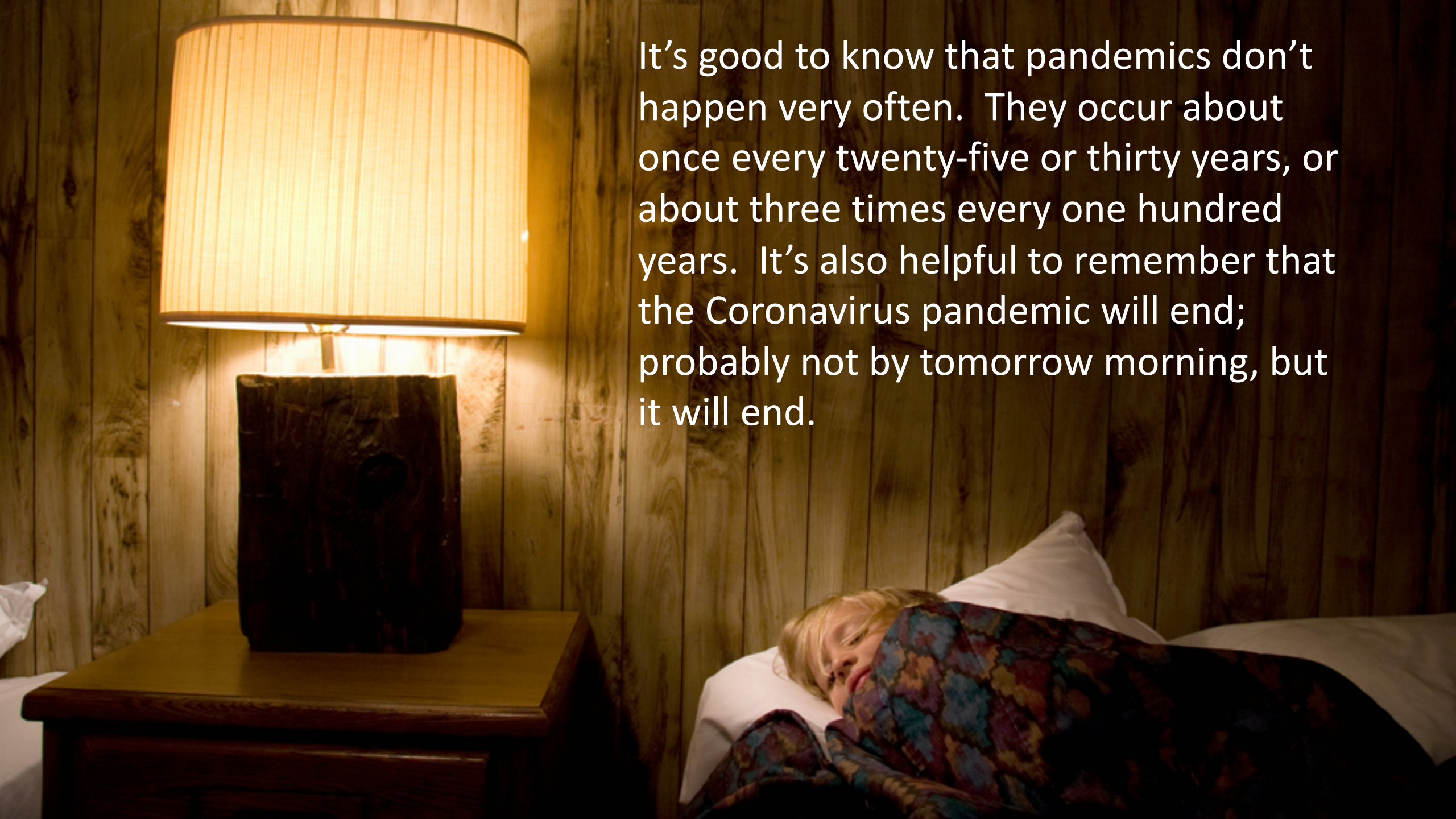
A pandemic can cause people to reschedule their vacation plans. This is because vacations are often in fun and crowded places. People try to avoid crowds in a pandemic. They may re-schedule their trip.





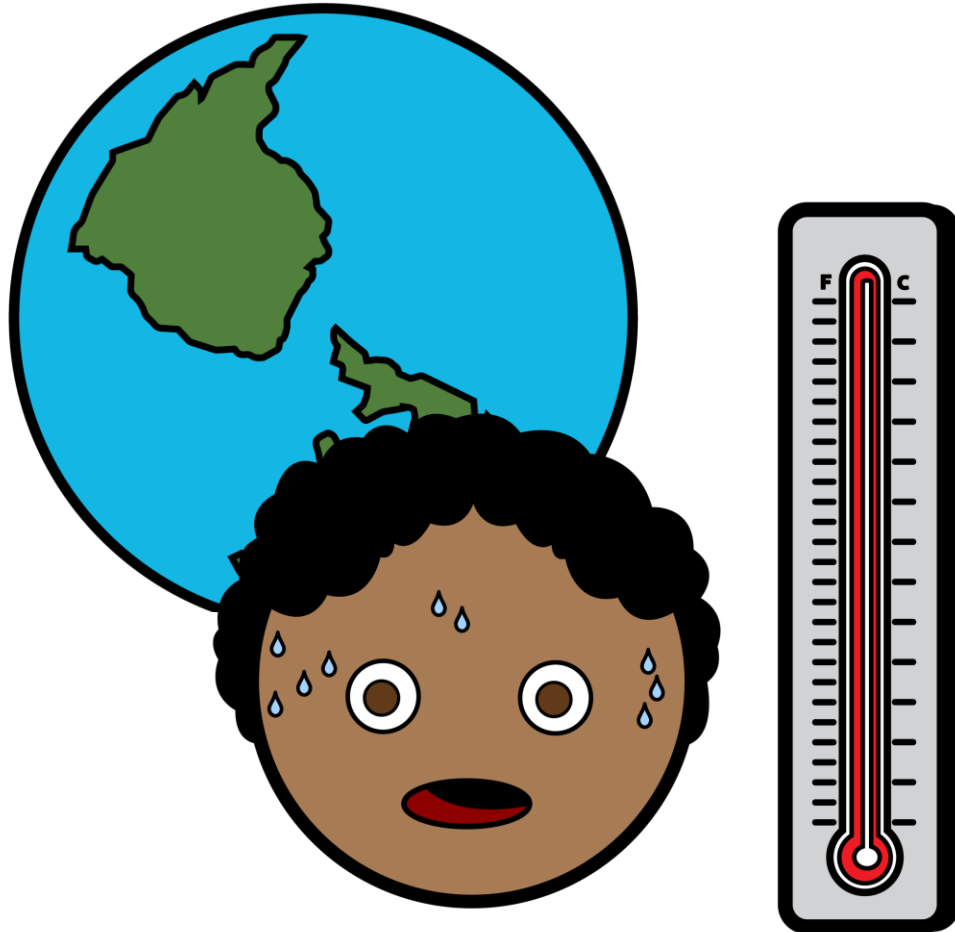
My parents are learning more about the Coronavirus every day. They watch the news and look for information. They are watching out for me, too. If I have questions, they can help.



A person with blonde hair is sleeping in a bed, covered by a dark, patterned blanket. The bed is positioned against a wall of vertical wooden planks. To the left of the bed is a dark wooden nightstand. On the nightstand sits a lamp with a cylindrical, vertically-ribbed, light-colored shade that is illuminated, casting a warm glow. The lamp's base is a dark, rectangular wooden block. The overall atmosphere is calm and cozy.

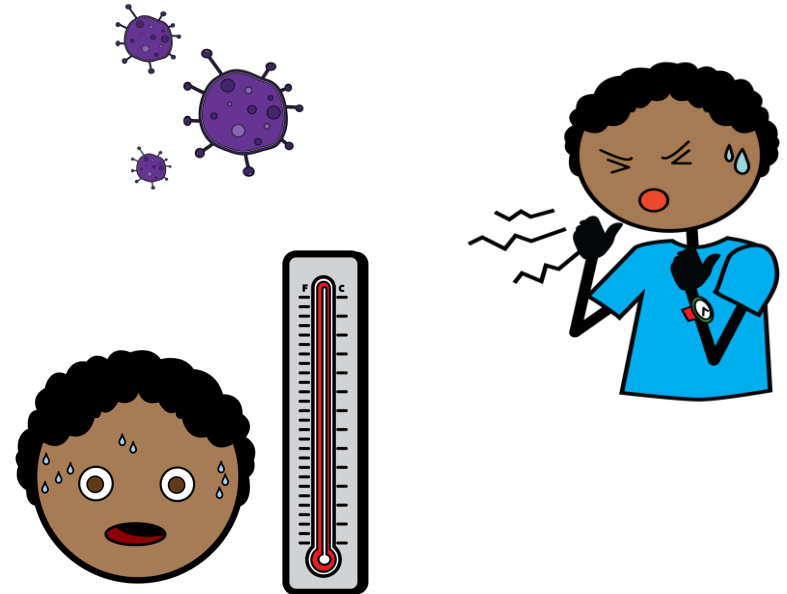
It's good to know that pandemics don't happen very often. They occur about once every twenty-five or thirty years, or about three times every one hundred years. It's also helpful to remember that the Coronavirus pandemic will end; probably not by tomorrow morning, but it will end.

# WHAT IS THE CORONAVIRUS?



Written by Amanda Mc Guinness

The Coronavirus is a virus that can make people feel unwell.



The Coronavirus can also be called  
"COVID-19".

## COVID-19 / CORONAVIRUS



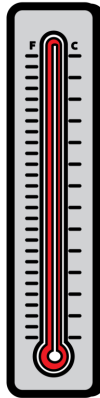
People who have the  
Coronavirus may have:



Sore Throat/  
Dry Cough



Fever

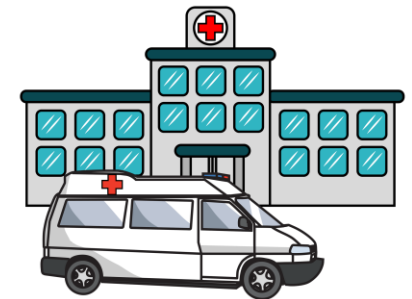


Shortness of breath



Most people who have the  
Coronavirus will stay at home  
to get better.

Some people who have the  
Coronavirus will go to the hospital to  
get better.



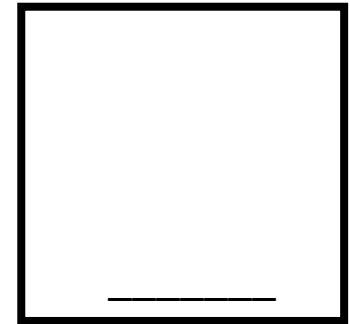
I can help stop the spread of germs by washing my hands with soap and water.

I can take my time when I wash my hands, making sure I wash between my fingers and all over my hands.

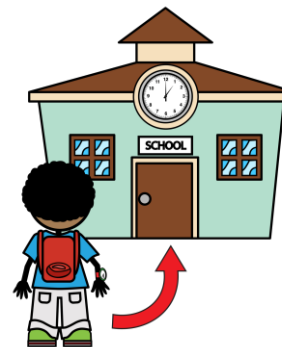
If I can't use soap I can use Hand Sanitizer.



There will be NO School for

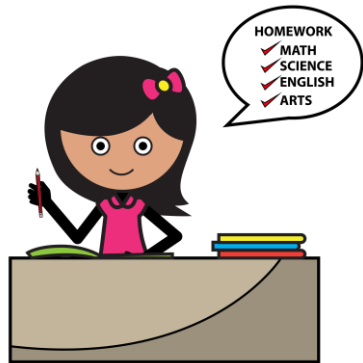


School will reopen again.

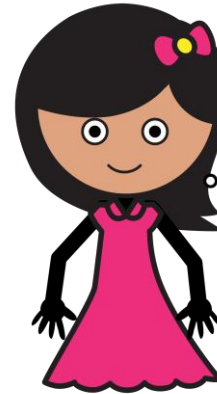




I will stay at home while  
school is closed.



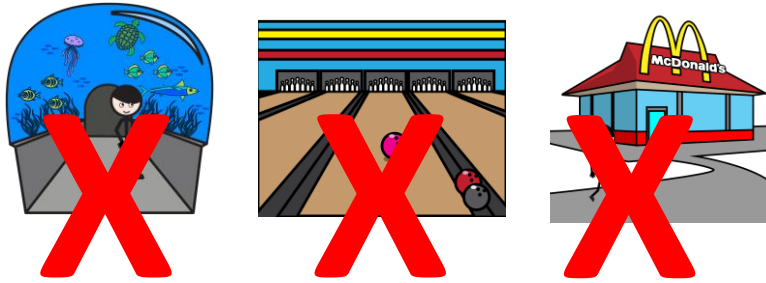
I will complete school-work  
/homework while  
I am at home.



I know that I will be safe  
and I don't have to feel  
afraid.

I will be safe and happy at home  
with my family.





I will not be able to go to my favourite places for now.

Once the Coronavirus is gone I will be able to go to my favourite places again.

## For Parents/Caregivers

Please note that this document is not a diagnostic tool for the Coronavirus.

It is a social story and by its very nature provides limited specific information.

If you require additional factual information about the Coronavirus please go to the following;

<https://www.cdc.gov/coronavirus/2019-ncov/about/symptoms.html>

<https://www.who.int/health-topics/coronavirus>

Many thanks

Amanda (The Autism Educator)

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The  
Autism  
Educator

